



Mrs. Mommy UNITED
SUPPORT. ENRICH. EMPOWER.

QUICK MOMMY MEALS

PROPERTY OF
AQUISHA HARRIS
OF
MRS. MOMMY UNITED

Disclaimer:

Hey! Ok so, I'm not a professional chef just a mom who wants to help other moms make dinner time easier.

Keep in mind that the ingredients in these recipes can be substituted to fit your family.

Another thing...I don't use standard measurements because I estimate based on what I see. But hey, feel free to adjust the measurements accordingly.

Ok now...LET'S GET COOKING!



BEEF STROGANOFF

What you need:

1 bag of egg noodles

1 pack of ground beef or turkey

2 cans of cream of mushroom soup

Preferred seasonings

*Boil, cook, and strain the noodles.

*Cook the ground meat and season to your liking.

*Mix the noodles and ground meat in a large pot, then add the cans of cream of mushroom soup.(You may need to add some water if the sauce is too thick or you can add milk if the sauce is too thin.) ENJOY!

K I E L B A S A

with pasta & sauce



What you'll need:

1 Box of pasta

1-2 packages of sausage

A mix of grape tomatoes & broccoli

2-3 cups of sauce (pasta, butter, or alfredo)

(Parmesan or shredded cheese optional)

*Boil, cook, and strain the pasta

*Slice sausage. Fry or boil the sausage.

Add the veggies to the pan as the sausage continues to cook.

*Once done. Mix the pasta, sausage, and veggies to pan then add the sauce and a sprinkle of cheese. #BOOM DONE!

Goulash

Spaghetti's
cousin :-)



What you'll need:

1 box of elbow macaroni

1 package of ground meat

2 jars pasta sauce

Onion, garlic, and grape tomatoes

*Boil, cook, and strain the pasta

*Cook the ground meat and season to your liking.

* Add chopped onions, garlic, and tomatoes to the ground meat as it nears completion.

* When complete. Mix the pasta, ground meat, and sauce in a large pot. Mix it together and let it simmer for a few more minutes. Then EAT!!!



Simple Shrimp Alfredo

What you'll need:

1 box of pasta or 2 bags of Pasta Sides

1 package of shrimp (I usually get steamed and seasoned shrimp from my local grocery store)

1 bag of spinach

1 jar of Alfredo sauce

*Cook, boil, and strain the pasta.

[Simply boil and add butter to the bag of pasta]

*Add the cooked shrimp to the pasta.

* Then add a portion of the sauce

*Lastly, add the spinach and let it simmer for a few minutes.

NOW>>'TTE= Time To Eat



Texas Toast P

What you'll need:

1-2 boxes of Texas Toast

1 jar of Marinara sauce

2 bags of shredded cheese

Meat toppings optional

*Place Texas Toast on a baking sheet

* Cover each slice with marinara sauce, cheese, and toppings if desired.

*Bake Texas Toast at 400 degrees for about 15-20mins.

* Remove from the oven. Let cool then get ready to eat.

I hope that you and your family enjoy these easy meals.

My kids love it!!!

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